Taking the reins on the court

Canada's biggest basketball star and two-time NBA MVP Steve Nash is named general manager of Canada's men's senior team PAGE 13

DICTATING BIG LAUGHS

BRITISH STAR PULLS OUT HIS MOST SHOCKING ALTER-EGO YET PAGE 8

REGIONAL metro

® Wednesday, May 9, 2012

News worth

metronews.ca | twitter.com/metroregina | facebook.com/metroregina

Steve Whittington, exhibition leader for Team Prairie Vertical, on a previous exhibition. CONTRIBUTED

Saskatchewan team to climb treacherous Yukon heights

Striving high. Team Prairie Vertical aiming to be the first ever to reach the summit of Mount Saskatchewan

MORGAN MODJESKI
morgan.modjeski@metronews.ca

Mountain climber Steve Whittington and his team of three have their sights set on being the first to reach the summit of Mount Saskatchewan in the Yukon.

"It's a new level of challenge, but that's why you mountaineer and that's why you climb — you try to push your mind and your body to further limits," said the Saskatoon-based Whittington, adding the team is now in the final stages of preparation.

Two teams tried to summit the 3,500-metre mountain in 2005 and 2007, but both attempts were unsuccessful, Whittington explained, adding this expedition comes with high expectations as his team is exploring uncharted terrain.

"There's pressure for sure," said Whittington. "You have a bunch of unknowns — there hasn't been anybody that's gone up to tell you what you might be facing. Everyone wants to get a first ascent under their name if they're a serious alpinist."

Whittington said preparation for an expedition like this falls into a number of categories, adding that a combination of technical skills, physical endurance and logistics are important for success, but a strong mental state is also needed.

"You have to wrap your mind around the isolation," he said.

"You're going to be out there completely alone, so you have to be confident in your abilities so you can control your fear and have the skills, so you can do what needs to be done when conditions turn against you," he said.

Team Prairie Vertical is set to start the climb May 18.

Follow Morgan Modjeski on Twitter @morganmodjeski

Mentally prepped

"You're going to be out there completely alone, so you have to be confident in your abilities ... so you can do what needs to be done when conditions turn against you."

Steve Whittington, leader for Team Prairie Vertical, on climbing Mount Saskatchewan

Criminals will be tracked

A new $3-million program, Serious Violent Offender Response, will see more staff target violent repeat offenders over 4 years PAGE 2

Primary health care a priority

Province invests $3.6 million into primary health care, which includes creating eight primary health-care test sites PAGE 3

Celebrating women in business

This week marks the annual recognition of female entrepreneurs PAGE 3

Even Beatles love Mad Men

The band gave its blessing to Sunday's episode ending with Tomorrow Never Knows from the Fab Four's 1966 album Revolver PAGE 8

A practical sports car

The Mazda RX-8 is perfect for the sports-car enthusiast with children, complete with a usable back seat and luxuries like Bose audio PAGE 14

1

NEWS

On the web

Peruvian scientists puzzled over marine-life deaths

Scientists in Peru are puzzled after nearly 900 dolphins and 4,450 pelicans were found dead on beaches in the northern part of the country. Watch at metronews.ca

Mobile news

Would you stop buying soda pop if it cost more? A recent report in the U.S. is proposing a tax on sugary drinks and a price cut on healthier choices. Scan the code for the story.

Minister of Corrections Yogi Huyghebaert announces a new program to track violent offenders on Tuesday. CARRIE-MAY SIGGINS/METRO

Province's most violent criminals to be tracked

Repeat offenders. Will track 'career criminals' with a violent past

CARRIE-MAY SIGGINS
carrie-may.siggins@metronews.ca

The Saskatchewan government announced the launch of a new program Tuesday called Serious Violent Offender Response, which will target high-risk violent offenders.

The money invested in the $3-million, four-year program will go towards hiring additional personnel and support staff to track infractions by violent offenders and create offender profiles that will be accessible to provincial Crown prosecutors.

The offenders tracked will be repeat "career criminals" who have been convicted of violent crime in the past.

"With this type of offender," said Justice Minister Don Morgan, "the shift has to be towards one of public safety and public protection as opposed to rehabilitation. You always want to do the best to rehabilitate individuals. But in these particular cases, the focus has shifted away from that to public protection."

The costs will be shared by two departments — the Ministry of Corrections, Public Safety and Policing and the Ministry of Justice.

The first phase of the program will see an investment of $1.23 million from Corrections. This will include four new police officers, six new probation officers, two support staff and one clinical director.

They will be based in the Saskatoon and North Battleford areas.

"They will work to better track high-risk violent offenders in those centres, as well as smaller rural and Northern communities," Corrections Minister Yogi Huyghebaert stated at the press conference.

"Research indicated that close supervision and comprehensive case management make a big difference in decreasing their re-offending behaviour," said Huyghebaert. "And that is exactly what the Serious Violent Offender Response will do."

Prosecutors

The Ministry of Justice will invest a further $700,000 for five additional prosecutors and five support staff. They will be located in Regina, Saskatoon, North Battleford, Meadow Lake, Prince Albert and Melford. "These specialized staff will be responsible for keeping tabs on criminal cases and their jurisdictions," said Justice Minister Don Morgan.

Rally a final push for film-industry backers

Supporters of the film industry in Saskatchewan will be holding a rally on Sunday in a final attempt to let the provincial government know they want to see an adequate replacement for the Saskatchewan Film Employment Tax Credit.

The rally itself will be taking place at the Canada Saskatchewan Production Studios in Regina, but Saskatoon supporters will be meeting at Kinsmen Park for a free yoga lesson and pancake breakfast before travelling to Regina to join other supporters.

"This is our last week to make an impression on the government because the legislature closes at the end of next week," said Teresa Mead, one of the rally organizers, adding how some members — including her — are preparing for the worst.

"People have already started planning where they're going to be moving," she said. "Our own family has had to think of where we might have to move as well, because we're in the final stages here."

However, Bill Hutchison, the provincial culture minister, said in a release the new incentive "will bring the creative-business sector together with emphasis on helping the industry, including film, to grow, to advance, and to hopefully be leaders in Canada in terms of digital technology and production."

The event was originally planned as a festival celebrating Saskatchewan film, but the lack of a refundable tax credit in a recent incentive introduced by the provincial government caused the event to change form.

"It's not just an aspect of the industry, but the entire industry is on the chopping block," said Mead. "The head is rolling away and we're trying to save it, we're trying to put it back together. This is the last week — the final push," she said.

MORGAN MODJESKI/METRO

For more local news visit metronews.ca/regina

Youths recover after igniting propane with cigarette

Three Saskatchewan youths are recovering from injuries after one of them lit a cigarette while they were sniffing propane to get high.

RCMP say the lit cigarette apparently ignited the propane while the youths were inside a car in Kamsack. The youths were all transported to Kamsack Hospital with non-life-threatening injuries. The ages of youths were not released. THE CANADIAN PRESS

Jumpstart
Donate $2.00 today and help give kids a sporting chance
WIN
$5000 SHOPPING SPREE
or
GAS FOR A YEAR
OneMillionRedBalls.ca follow the online instructions to enter to win.

Week dedicated to women entrepreneurs

Business. Province's new annual week of recognition will have series of events and offer resources to women who run their own shows

CARRIE-MAY SIGGINS
carrie-may.siggins@metronews.ca

The government has announced that the week of May 7-13 will be dedicated to women entrepreneurs.

The annual week of recognition will highlight women's achievements in business and the resulting economic growth. It will offer up events and highlight various support programs that are available to entrepreneurs.

"Women make up over half of the population and it is vital for the Saskatchewan economy to have women starting, growing and leading businesses," Social Services Minister and Minister responsible for the Status of Women June Draude said in a news release.

In 2011, there were 31,700 self-employed women in Saskatchewan, and 8,000 of these businesses employed at least one person. Of the 3,700 self-employed people registered in the last five years, 2,100 of them were women.

Laura Small is the CEO of Women Entrepreneurs of Saskatchewan, a provincial organization that helps women with loans and business assistance. She says dedicating a week to women entrepreneurs is vital.

"Saskatchewan's economy is growing, and women are playing a big part in that," says Small. "It's important to recognize the contribution that women-owned businesses are making to the Saskatchewan economy."

The week was also created to encourage future businesswomen. "It's important to recognize that and also to encourage women who may be thinking of entrepreneurship as an option; to show them successes and role models that they can gain encouragement from."

But women who start their own businesses still face a number of challenges, says Small. She cites the fact that women tend to open businesses in the service industries, which are not usually asset-based sectors. Banks tend to not lend to non-asset-based companies.

On top of that, there's the work-life balance that many women face that can take time away from growing a business.

Women also still have a bit of stigma around credibility, says Small. "There's still a little bit of the aspect of women not necessarily having the business expertise or that it's a hobby rather than a business.

"It's much better than it was 10 or 15 years ago, but there's still some room for improvement."

Follow Carrie-May Siggins on Twitter @MetroCarrieMay

Laura Small is CEO of Women Entrepreneurs of Saskatchewan. She says that women have come a long way, but still face a number of challenges. CONTRIBUTED

4 out of 5 businesses

According to the Royal Bank, women start four out of five businesses in Canada, and women have a majority ownership in 18 per cent of all firms in the country. Despite these rosy numbers, women still have challenges when starting their own business.

Funding. Province invests $3.6M in primary health care

Health Minister Don McMorris talks to the press after the announcement. JEFF MACKEY/METRO

Health Minister Don McMorris announced a $3.6-million investment into Saskatchewan's health-care system Tuesday. The investment is intended to improve primary health care in the province, including the creation of eight primary health-care test sites.

Primary health care includes everything from visits to family physicians and pharmacies to therapeutic services. This funding could signal that Saskatchewanians will be receiving these services in a different way in the future.

"Not one size fits all, and I think that is where we were stumbling before," said McMorris.

The inspiration for this model of primary health care stemmed from a trip McMorris took to Alaska.

"They had a better way of delivering health care that was customer-centred and customer-driven," said McMorris. "In the same way these sites across the province will offer new and innovative ways to deliver primary health care."

One of the eight primary health-care learning sites is an inner-city Regina location. The other pilot locations will be Yorktown, Meadow Lake, Lloydminster, Leader, Moose Jaw, Fort Qu'Appelle and Whitecap Dakota First Nation.

One of the main goals of these sites is to assemble specialized primary teams that comprehensively treat individuals or make proper referrals to experts who can.

These teams will be designed to meet the needs of a community. If, for example, a community struggles with issues of mental health, then a mental-health specialist will be assigned to the team located in that area.

"Although individual family physicians provide excellent care to their patients, it is difficult for some of those patients to get access to that care," said Dr. David Fourie.

"By having a team-based approach, we increase the access points for people to get into the system." JEFF MACKEY/METRO

Jobs

NDP raises concerns over takeover bid

The Saskatchewan NDP is raising concerns about job losses with Glencore International's multibillion-dollar takeover bid of Viterra.

Opposition Leader John Nilson said Tuesday that an official with Glencore said Monday that there will be relocations of jobs.

Nilson asked how many jobs will be lost in Regina and around the province. THE CANADIAN PRESS

Rush at Tim Hortons. Tiny newborn arrives on the double-double

They could name her "Timbit."

Staff at a Tim Hortons outlet in Windsor, Ont., are used to serving double-doubles — but delivering a baby was an entirely different experience.

Restaurant manager Aaron Hayes says a woman entered the coffee shop Tuesday, saying she was expecting a baby soon and didn't feel well.

Staff were soon gathering towels and one of them, Judy Glenn, helped the woman deliver her daughter in the women's washroom.

Hayes says a 911 dispatcher also helped by giving instructions over the phone.

Minutes later, EMS arrived to take the woman and the baby girl to hospital.

"The lady's OK. The baby's OK," Hayes said.

Hayes, a father himself, said Glenn also has children so she had some idea of what to expect. She was given the rest of the day off. THE CANADIAN PRESS

Tasty at Tim's

Timbits were introduced by Tim Hortons in April 1976. "Bit" is an acronym for Big In Taste.

Teens targeted

Tory MP wants to ban that tan

Conservative MP James Bezan is pushing for age limits on tanning beds.

His private member's bill would ban the use of tanning beds and booths by people under 18. THE CANADIAN PRESS

Funeral goes on

His Craigslist ad seeks lost ashes

Blake Williams advertised on Craigslist in B.C. after losing his brother-in-law's ashes. The bag fell out of Williams' car on the way to the funeral. Saanich police are helping to locate the bag. METRO VANCOUVER

'Together they did this, together they are guilty'

Tori's mother, Tara McDonald, walks into court in London, Ont., on Tuesday with partner James Goris and a friend. DAVE CHIDLEY/THE CANADIAN PRESS

The Tori Stafford killing. Michael Rafferty and Terri-Lynne McClintic 'were in this together,' Crown lawyer tells trial

Michael Rafferty was no innocent bystander in the abduction, rape and murder of eight-year-old Victoria Stafford, court heard Tuesday.

Rafferty was the one in control of the events of April 8, 2009, from start to finish, the Crown said in its closing submissions at his first-degree murder trial

The assertion is in stark contrast to the defence closing arguments, in which Rafferty's lawyer, Dirk Derstine, suggested Terri-Lynne McClintic was the engine behind Tori's killing, and Rafferty had no idea what she was up to.

But Crown attorney Kevin Gowdey told the jury in London, Ont.: "Michael Rafferty and Terri-Lynne McClintic were in this together.

"Together they did this to Tori Stafford.

"Together they are guilty."

McClintic, who is already serving a life sentence after pleading guilty to first-degree murder, testified that Rafferty urged her to kidnap a young girl, that he raped the girl, and that pent-up rage from her own childhood traumas caused McClintic to snap and murder Tori.

That testimony marked a change from what she told police for years — that Rafferty was the one who killed Tori with a hammer.

Rafferty, 31, has pleaded not guilty to first-degree murder, sexual assault causing bodily harm and kidnapping. THE CANADIAN PRESS

Defence case

Terri-Lynne McClintic "perjured herself over and over and over again."

Dirk Derstine, Rafferty's lawyer

Death row case. Lawyer fights to save Canadian, asks Ottawa to intervene

A lawyer representing a Canadian on death row in Indiana wants Ottawa to advocate to save her client's life, but isn't sure what kind of support, if any, the case will get.

Jennifer Merrigan said she carefully watched the political drama unfold at last week's clemency hearing of another Canadian death row inmate, Ronald Smith in Montana.

Smith's lawyers accused the Canadian government of reneging on an offer to speak at his hearing and called their tepid support in his case "treachery."

Merrigan, an attorney with the Death Penalty Litigation Clinic in Kansas City, has been talking with Canadian officials about providing help for her client, Robert Bolden.

Robert Bolden, a Canadian on death row in Indiana. THE CANADIAN PRESS

"To be honest, we really haven't been able to ascertain what (support) that would be."

A jury convicted Bolden of murder during the commission of a robbery and sentenced him to death. THE CANADIAN PRESS

High-profile trial. Judge accused of killing wife had mistress, court told

A former judge accused of killing his wife had taken a mistress, his high-profile murder trial heard on its first day of testimony Tuesday.

Jacques Delisle had retired from the Quebec Court of Appeal just months before his wife was found dead from a gunshot wound to her temple.

The court was told Delisle's former secretary will eventually be called to testify.

According to the prosecution, she had been having an affair with the judge — and they had apparently discussed the possibility of living together.

The body of 71-year-old Marie-Nicole Rainville was found in the family's Quebec City home in 2009. Her death was initially listed as a suicide, but Delisle was charged seven months later.

It is believed to be the first time a Canadian judge has faced such serious charges.

A municipal police investigator also testified that there was an "abnormal and inexplicable" black smoke stain in the palm of the woman's hand — a strange location for such gunshot residue. THE CANADIAN PRESS

Evidence

"My wife killed herself. There's a revolver next to her."

Part of an alleged 911 call by Delisle, heard in court.

Murder in Oaxaca. Five arrested, three hunted in killing of two Canadians

A Canadian graduate student and her boyfriend who were killed late last year were innocent victims of escalating gang activity in one of Mexico's hottest tourist destinations, Mexican police say.

Local media reported that two men and three women have been arrested in connection with the robbery-related deaths of Ximena Osegueda, 39, and her 38-year-old boyfriend Alejandro Santamaria.

Three other suspects still remain at large, reports said.

Osegueda, who was completing her PhD at the University of B.C., was visiting the Mexican province of Oaxaca when she and her boyfriend disappeared on Dec. 14.

Family members raised the alarm and mounted a search party to look for them.

Osegueda's ex-husband discovered their charred bodies half buried on a beach near the resort town of Huatulco in early January.

Police said Osegueda and Santamaria had both been stabbed in the neck and set ablaze.

Robbery appears to have been the motive, state prosecutor Manuel de Jesus Lopez told local media Monday.

Gang members allegedly made off with the couple's bank cards and cellphones as well as Osegueda's Chevrolet, he said.

It was the car that ultimately led to a break in the case, Lopez said.

Using the vehicle's global positioning system, police tracked it to the home of a local gang member's girlfriend.

By the time police made the connection, however, both the gang member and his girlfriend were already dead in what investigators described as a settling of accounts.

Monday's arrests centred on alleged members of the Las Zetas cartel, police said. THE CANADIAN PRESS

Ximena Osegueda was murdered with her boyfriend on a trip to Mexico. THE CANADIAN PRESS

LIKE US ON FACEBOOK
www.facebook.com/absolutecashcanada
And receive... 40% OFF ON ANY REGULAR PRICED ITEM (one time discount only)
ABSOLUTE CASH®
2916 Dewdney Ave, Regina
306.352.2071

Downtown · Affordable · Fully Equipped
STRESS RELIEF, FITNESS, SELF DEFENSE, CARDIO
Call or stop by for details
Jin Pal Hapkido
PH: 790.4404 · 1751 BROAD ST.

Foiled bomb plot being investigated

Airport alert. Current technology would have spotted latest threat, officials say

Security systems

- FBI experts are picking apart that non-metallic device to see if it could have taken down an airplane.
- Though analysis of the device is incomplete, U.S. security officials said they remain confident in the security systems in place.

American explosive experts are dissecting a new-and-improved al-Qaida underwear bomb seized before it could blow up a U.S.-bound commercial airliner — but even as they work, the foiled terrorist plot has swiftly and predictably become political fodder.

The CIA and its overseas partners thwarted the attack following a covert Yemeni intelligence operation. Those behind the plot apparently hoped to take down a plane, but U.S. officials revealed Tuesday that the would-be bomber at the heart of the plot was actually an informant working for the CIA and Saudi Arabian intelligence.

The plot was foiled at around the same time as last week's first anniversary of Osama bin Laden's death at the hands of navy SEALs last year, but contrary to initial reports, it was not timed to coincide with the anniversary.

The bomb was non-metallic and wouldn't have been detected by airport screening devices, officials say, but likely would have been picked up by body scanners. There were no changes planned for airport security measures in the U.S. as a result of the plot.

THE ASSOCIATED PRESS

He brought the Wild Things to life

In this 1985 photo, author Maurice Sendak poses with one of the characters from his book Where the Wild Things Are, designed for the operatic adaptation of his book. Among the most honoured and adored children's authors, he ranks with Dr. Seuss as a revolutionary force of the past half-century. He told stories for children that were actually about children, not just what adults wished them to be. He died Tuesday in Danbury, Conn., after suffering a stroke last week. For more on Sendak's impact, see page 7. THE ASSOCIATED PRESS FILE

Roving anti-Putin protests in Moscow squares

Alexei Navalny, an anti-corruption whistle-blower and blogger, is shown in a police van in Moscow on Tuesday. SERGEY PONOMAREV/THE ASSOCIATED PRESS

As many as 300 anti-Putin protesters took over a Moscow square for most of the day Tuesday until hundreds of helmeted riot police swept in to disperse the crowd, detaining some of them seemingly at random.

The impromptu rally had moved to the Chistiye Prudy square after police broke up a demonstration by hundreds of opposition activists who had spent the night outside the presidential administration offices to protest Vladimir Putin's return as Russia's president.

Two prominent opposition leaders were detained by police in the early hours of Tuesday but later released.

They then joined up with dozens of their supporters who had moved on to Chistiye Prudy, or Clean Ponds, where they vowed to continue the roving protest.

"If we are pushed away from here, we'll move to other squares," said Sergei Udaltsov, the leader of a leftist movement.

"The objective is to have people on the squares every day who are struggling for freedom, for change. It is a very simple tactic, and I think it has a chance to bring a successful result."

The cat-and-mouse game between protesters and police began on Monday, the day of Putin's inauguration at a formal ceremony inside the Kremlin.

Hundreds of activists tried to protest near Red Square and along the route Putin's motorcade took to the Kremlin, but they were turned back or detained by thousands of riot police.

Police said they made about 300 detentions on Monday, but in some cases the same people were detained and then released more than once.

On Tuesday, police reported at least 30 detentions.

In Washington, a U.S. State Department spokesman said "we are disturbed by images of police mistreatment of peaceful protesters, both during the protests and after detentions."

The U.S. and Russia had made significant process in their relationship, he said, but "we're going to continue to raise human-rights issues when we have concerns, and this is one of those cases."

Thousands attended protests before the election.

THE ASSOCIATED PRESS

Spring in Russia?

Vladimir Putin has been in power since 2000, first as president and then for the past four years as prime minister. He has just begun a six-year term as president and would be eligible for a fourth term.

- Tens of thousands attended anti-Putin protest rallies in the months before the March election. Since then the numbers have dwindled, but the protest movement has shown an unexpected resilience. A demonstration on the eve of the inauguration drew well more than 20,000.

Myanmar

Suu Kyi finally given a passport

Myanmar Opposition Leader Aung San Suu Kyi received her first passport in 24 years on Tuesday ahead of a planned trip to Norway and Britain.

An aide to Suu Kyi, Htin Kyaw, said the passport was received from the Home Ministry.

Suu Kyi applied for the passport following recent political reforms that culminated in her election to parliament last month.

Last year, a long-ruling military junta handed over power to an elected, nominally civilian government. Suu Kyi's National League for Democracy, which won 43 seats in the April byelections, leads the opposition.

THE ASSOCIATED PRESS

New York hustle

Cabbie pleads guilty to unlawful imprisonment

A hustler cabbie accused of preying on arriving passengers at New York's Kennedy Airport has pleaded guilty to unlawful imprisonment in a fare gone awry. The local DA says driver Bhupinder Singh is facing six months in jail. On Feb. 12, two officers spotted a family from Panama getting into a "gypsy cab."

They recognized the driver as a hustler who charges sky-high rates for a ride to Manhattan. The driver locked the doors and took off, then got into a crash. Two adult passengers were treated for bumps and bruises.

THE ASSOCIATED PRESS

Thailand

Man dies serving 20 years for insulting the monarchy

A 62-year-old Thai man who became known as "Uncle SMS" after he was convicted of defaming Thailand's royal family in text messages died Tuesday while serving a 20-year prison term.

The case of Amphon Tangnoppakul, who had mouth cancer, drew attention to Thailand's severe law last November when he received one of the heaviest sentences for insulting the monarchy.

Demonstrators gathered outside a Bangkok court denouncing the royal defamation law.

THE ASSOCIATED PRESS

Credit card companies under fire

Dictating terms. Visa, MasterCard issuers set up perverse system: Competition Bureau

Canada's credit card system is a "perverse" place where shoppers who pay with cash or debit subsidize purchases made with credit cards, the Competition Bureau argued Tuesday in its opening salvo against Visa and MasterCard.

That's because merchants pay high fees for accepting credit cards and those costs are passed on to all consumers, the bureau's lead counsel Kent Thomson said in his opening statement to a tribunal hearing whether credit card companies are engaging in anti-competitive behaviour.

Presenting the case for the Competition Bureau, Thomson argued that the restrictive contracts put in place by Visa and MasterCard allow the two credit card companies — which represent 92 per cent of the market — to essentially dictate terms to merchants.

As Thomson pointed out, Visa and MasterCard charged merchants about $5 billion in fees for the privilege of accepting payments by customers using the cards, charges that merchants recoup through higher consumer prices.

Those fees, which range from 1.5 to 3 per cent on purchases, are among the highest in the world, he said, about twice the rate credit card firms charge merchants in Australia, New Zealand and many parts of Europe. THE CANADIAN PRESS

Quoted

"Most Canadians are unaware of the high cost of fees."

Kent Thomson, the Competition Bureau's lead counsel, on credit card companies engaging in anti-competitive behaviour.

The art of nostalgic advertising

Art Pastusak, left, and his apprentice Liam McWilliams, paint a billboard on a brick wall of a New York building in this April 17 photo. Pastusak, a billboard artist since 1977, took McWilliams, a 2010 graduate of Pratt University, as his apprentice in August 2011. Their nostalgic form of advertising is thriving again in New York City. BEBETO MATTHEWS/THE ASSOCIATED PRESS

Canadian broadcasters

Turn down loud ads: Regulators

The Canadian Radio-television and Telecommunications Commission has given broadcasters until September to ensure both their programs and commercials are transmitted at the same volume. The commission says 2009's international standard for measuring and controlling television signals will apply to minimize fluctuations in loudness between programming and commercials. THE CANADIAN PRESS

Market Minute

DOLLAR
100.17¢ US (-0.53¢)

TSX
11,704.74 (-155.91)

OIL
$97.01 US (-93¢)

GOLD
$1,604.50 US (-$34.60)

Natural gas: $2.393 (-5.7¢)
Dow Jones: 12,932.09 (-76.44)

Online survey. Smartphone users get what they want

The wait is just about over — the Internet will soon provide instant access to just about everything you want.

Sixty-nine per cent of 2012 Rogers Innovation Report survey respondents said that faster, better access to information and knowledge online that will "make me and my life better" was what they wanted the Internet to provide. Survey results were released Wednesday.

"What people are valuing most is real-time information" said Rob Switzman, senior director, emerging business, Rogers Communications.

The online survey polled just over 1,000 adult Canadians who use a smartphone and are connected to the Internet.

"The Internet is no longer just a place to go.... It's creating new experiences and transforming the way people live. From apps that monitor cholesterol to fridges that automatically order groceries, the Internet is becoming the backbone of all connections in the world around us, and will continue to evolve how we go about our daily lives," said Switzman.

Seventy-two per cent of respondents expect the Internet to play an increasingly important role in the next five years.

One future development that Rogers is excited about, said Switzman: "We will not carry a wallet or keys.... Everything will be in your smart phone." YLVA VAN BUUREN/FOR METRO

Connections

Canadians love being connected so much that 34 per cent of those surveyed said they'd give up liquor and beer before their Internet connection, 31 per cent would go without chocolate, and 27 per cent would give up coffee!

- **98 per cent.** Most surveyed use the Internet to connect with family and friends.

Baby clothes. Pyjamas go high-tech to monitor sleep

Rogers announced Tuesday that it has partnered with U.S.-based biomedical engineering company Exmovere Holdings Inc., for the launch of digital pyjamas, called Exmobaby, later this year.

The machine-washable outfit has embedded sensors and an AAA-battery powered wireless transmitter that beams information to a computer, smartphone or tablet.

The manufacturer claims the product can perform electrocardiogram tests to measure electrical activity in the heart, monitor skin temperature and movement, and detect mood changes.

Expected to be available sometime after October, a starter kit with four outfits is to sell for $149, plus a $9.99 monthly service plan.

Rogers will be the exclusive provider of wireless service for Exmobaby in Canada and will also use some of its media properties to market the product, said Mansell Nelson, vice president of the company's machine-to-machine division.

As a father of two older kids, he can imagine how useful the product might be for today's parents.

"It's the notion of peace of mind. I know there was a debate even with my kids if they should be on their tummy or their backs and all that stuff and if the child turns over now, you get a beep on your smartphone," Nelson says.

"You don't have to wake up every few hours and go and check."

Exmovere says the product sends data from the pyjamas once a minute and emits minimal radiation. THE CANADIAN PRESS

Digi-watch. Developer ready for next step

The Canadian developer behind the Pebble e-paper watch has decided it's almost time to stop taking orders.

The Pebble is a digital wristwatch that wirelessly connects to the smartphone in your pocket — either an iPhone or Android device — and displays Caller ID information for incoming calls, emails, Facebook and Twitter messages.

Vancouver-born Eric Migicovsky originally sought $100,000 in pledges to help get the watch into production. It took just 28 hours to hit $1 million and the money never stopped pouring in. As of Tuesday afternoon, there were orders for about 75,000 watches: $9.25 million. THE CANADIAN PRESS

MAY THE WILD THINGS KEEP ROARING

JUST SAYIN'
Paul Sullivan
metronews.ca/justsaying

Yesterday, the Wild Things ceased roaring their terrible roar for one minute of silence to mourn the passing of their creator.

Maurice Sendak, author of an entire generation of kids named Max, died at 83.

You may not immediately recognize the name, but if you were ever a kid, you'll remember his book.

Where the Wild Things Are is the story about the kid who was busted for "making mischief" in his wolf costume and sent to bed without his supper. Confined to quarters, his imagination set sail and encountered the Wild Things. They were very scary but he conquered them by staring into their yellow eyes, "not blinking once." The creatures made Max their king and then let the wild rumpus begin.

Leaving a legacy

"Sendak did not care what the officials and the librarians thought. He only cared what the kids thought."

They roared their terrible roars, and gnashed their terrible teeth. Everybody had a great, totally awesome time, but Max got homesick and so he said goodbye to the Wild Things and went home, where his mom was waiting and his supper was still hot.

Oh, that Maurice Sendak.

It's hard to believe, but Where the Wild Things Are is one of the most banned books in America (land of free speech) because back in 1963, when it was published, little kids did not get to be angry and roar their terrible roars, especially at their parents.

Sendak is responsible for another one of the most banned children's books in America, In the Night Kitchen, in which Mickey floats up from his bed, loses his PJs, ends up in the Night Kitchen and is nearly baked naked into the Morning Bread by three chefs who look like a cross between Oliver Hardy and Hitler.

Whatever. Sendak did not care what the officials and the librarians thought. He only cared what the kids thought: "Kids go for what they enjoy," he said. "They aren't star-chasers and they don't suck up. It's why I like them."

As much as he professed to dislike grown-ups, I think Sendak liked the little kid who lurks within. He brought all us kids — big, little, inner and outer — together at bedtime so we could have one last wild rumpus before the lights went out on another day.

And now the light has gone out forever on Sendak. With him went another piece of a rapidly vanishing spirit — the open-minded, progressive creativity that somehow kindled in the second half of the 20th century, despite (or perhaps in defiance of) two world wars.

Fortunately, the creatures of his imagination, the Wild Things, will live on — in our hearts, in our minds and in our terrible roars.

The book cover of Where the Wild Things Are by Maurice Sendak.
HARPERCOLLINS/THE ASSOCIATED PRESS

Going to California

TIMOTHY HIATT/GETTY IMAGES

Iconic figure

Marilyn not in Chicago Forever

The sculpture Forever Marilyn, by Seward Johnson, was dismantled and prepared for removal on Tuesday in Pioneer Court in Chicago.

The stainless steel and aluminum sculpture, which stands 26 feet tall and weighs 34,000 pounds, was inspired by Marilyn Monroe's iconic scene in the 1955 movie The Seven Year Itch when she holds her dress down as a gust of wind billows the skirt.

The sculpture, which has been on display in the Windy City since last July, will next be displayed in Palm Springs, Calif.

Dismantling the sculpture turned out to be an event, with about 100 onlookers gathering around to watch.

GETTY

Controversial creation

The statue has also been described as one of the worst public eyesores.

- There was also much controversy among critics because of the siren's exposed legs.
- It was ranked No. 1 on the Virtual Tourist website's top-10 list of worst public art.

Something to talk about

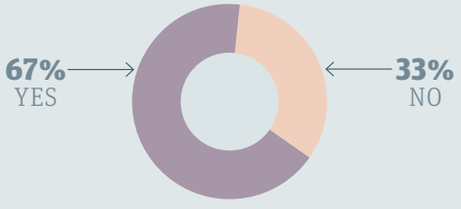
"It is a conversation-starter.... Part of the reason why the artist creates work is for people to think about what they are seeing and what it means to them."

Jenee Castellanos, associate curator of the Sculpture Foundation, which owns Forever Marilyn, to UPI.com

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Should formerly jailed media baron Conrad Black have been allowed to return to Canada?



Twitter

@SKCDP: Sunny day = spring fever. I can't sit still. #yqr #sask

@laurafahlman: just spotted a fanny BACKPACK on a lady dtown #yqr. Who needs sk fashion week, when thats strutting down the streets! #so-hot

@Melnychuk86: We need a cat cafe in Regina http://www.leaderpost.com/news/Photos+Welcome+cafe/6580944/story.html #yqr

@Shen__S: What a pretty day in #yqr plus #wefoundlove is playing on the radio!

@EHFyqr: We are organizing a 'Regina Food Revolution.' Join us on May 19th as part of global #foodrevolution day http://gidsy.me/INX-7vN #yqr

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **National Sales Director** Peter Bartrem • **Sales Manager** Kim Kintzle • **Distribution Manager:** Darryl Hobbins • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Marketing & Interactive** Jodi Brown, **Vice-President, Finance** Phil Jameson **METRO REGINA** • **Telephone:** 306-584-2025 • **Toll free:** 1-877-895-7194 • **Fax:** 1-888-243-9726 • **Advertising:** adinforegina@metronews.ca • **Distribution:** regina_distribution@metronews.ca • **News tips:** regina@metronews.ca • **Letters to the Editor:** reginaletters@metronews.ca

2

SCENE

Celebrity saviour

Hoffman helps cardiac arrest victim

A man who had a cardiac arrest while jogging in London's Hyde Park says his life was saved with help from a famous passerby – actor Dustin Hoffman. Sam Dempster said Tuesday that Hoffman waited with him after he collapsed on April 27 until paramedics arrived. On his recovery blog, 27-year-old Dempster thanked medical staff and "my newfound favourite celebrity Dustin Hoffman." Dempster initially credited Hoffman with having summoned an ambulance, but the London Ambulance Service said someone else had made the emergency call. Martin Macarthur, one of the paramedics on the scene, said Hoffman described seeing Dempster collapse and froth at the mouth. "It is essential to get a history of what has happened — he was the main witness and saw him stagger and go down," Macarthur said. "He stayed on the scene for the whole duration of the resuscitation, which was about 15 minutes. He was very concerned." Macarthur said the 74-year-old actor told medics, "Great job, guys," after they resuscitated Dempster with a defibrillator.

THE ASSOCIATED PRESS

On the web

Sarah Jessica Parker, Sofia Vergara take Met Gala red-carpet role seriously

Baron Cohen's typical antics dictate proceedings

The Dictator. Latest alter-ego is most shocking one yet as British star appals and amuses journalists at film's official press conference in New York

HEIDI PATALANO
Metro World News

Sacha Baron Cohen, dressed as his latest alter-ego Admiral General Aladeen, from his upcoming film The Dictator. DAVE ALLOCCA, STARPIX/THE ASSOCIATED PRESS

The mastermind behind controversial characters Ali G, Borat and Bruno knows how to get the most bang for his buck when it comes to a public appearance.

To promote his upcoming film, The Dictator, (opening May 16) Sacha Baron Cohen arrived at New York's Waldorf Astoria flanked by four short-skirted "guards" to give a press conference to hundreds of journalists from all over the world.

Questions for the conference were pre-approved, but given the clever answers Baron Cohen concocted for them ahead of time, the lack of spontaneity might have been worth it.

Since in the film Baron Cohen plays Admiral General Aladeen — a misogynistic, racist, anti-Semitic ruler of the impoverished African nation of Wadiya — his in-character answers drew gasps, groans and laughs. Here are a few of his best zingers:

"We dictators aren't all bad. While Western countries continue to ravage our planet's resources, we preserve our land and conserve it by burying thousands of bones in single mass eco-graves."

"On behalf of my dear friend and doubles tennis partner President Assad of Syria, I want to thank the United Nations for their brave inaction over Syria. Thirteen months and still no security council resolution. You guys are amazing. You have done next to nothing for the Syrian people — but remember, you can always do less."

"It has been a tough year. We have lost a lot of good people and I have lost a lot of good friends — Gaddafi, I miss you [looks in the air]. Sorry, Gaddafi, I miss you [looks at the ground]. Also, KJ, Kimmy G, K-Jo, K-Man — you know, Kim Jong. And of course you know Chavez died last month... Oh, oops — you did not hear that from me."

Even Beatles are crazy for Mad Men

Tomorrow Never Knows. Acclaimed show given rare privilege of using Revolver song in latest episode

It turns out even the Beatles are Mad Men devotees.

Sunday's episode of the acclaimed drama ended with brooding ad man Don Draper alone in his New York apartment listening to Tomorrow Never Knows from the Fab Four's 1966 album Revolver.

Mad Men husband-and-wife writing-producing duo Andre and Maria Jacquemetton say the show's creative team desperately wanted that particular song. "In the case of the Beatles, they're not known for opening up their song catalogue to everyone," Andre Jacquemetton said Monday.

"It just turns out actually that they're huge fans of the show. So in a way, it's 'Who do you get to talk to?'"

Added Maria Jacquemetton: "It was really (Mad Men creator) Matt Weiner making a personal appeal, he really worked very hard to get that particular song in the episode."

In the instalment, entitled Lady Lazarus, Draper's wife Megan (Jessica Pare) announces plans to quit the advertising business to resume pursuit of an acting career.

Quoted

"It just turns out actually that they are huge fans of the show."

Maria Jacquemetton
Mad Men co-writer/producer

She gives her husband the album after it's revealed he knows woefully little about popular music.

"The episode is so much about Don's disappointment over the woman that he loves not wanting to be at his side ...and him sort of feeling out of touch with everything that's going on around him."

Jon Hamm plays straitlaced ad man Don Draper on the hit series Mad Men. RON JAFFE. AMC/THE CANADIAN PRESS

That has been a recurring theme this season as the straitlaced Draper deals with the advent of the psychedelic 1960s. It was a cultural shift touched on in an episode a couple of weeks ago when Draper's colleague, Roger Sterling, went on an acid trip.

THE CANADIAN PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

John Travolta ALL PHOTOS GETTY IMAGES

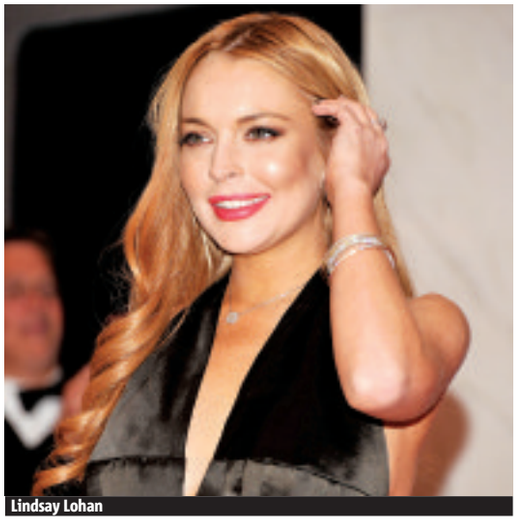
Masseuse sues John Travolta for sexual advances

An unnamed man is suing John Travolta for sexual battery and assault, claiming the famous actor tried to have sex with him after hiring him for a massage, according to E! News.

The suit claims Travolta stripped naked, fondled himself and made several sexual advances at the man. It also states Travolta bragged to the plaintiff that he "got where he is now due to sexual favors he had performed when he was in his Welcome Back, Kotter days." According to the suit, Travolta apologized for his advances.

Quoted

"This lawsuit is complete fiction and fabrication. None of the events claimed in the suit ever occurred." Rep for John Travolta

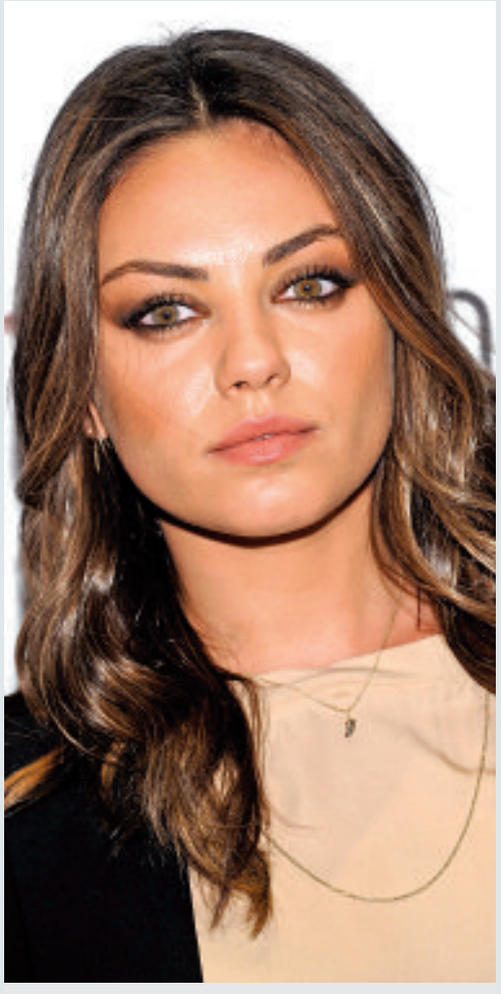


Lindsay Lohan

Lindsay Lohan dines with Woody Allen in New York

Lindsay Lohan looks to be taking a serious crack at her comeback after being spotted dining with Woody Allen and his wife in New York over the weekend, according to People magazine. The trio enjoyed a meal at Philippe, though it's unclear if the meeting was for business or pleasure. Certainly Lohan would be thrilled to work with Allen on an upcoming project. Lohan's rep would only confirm the meeting took place, saying, "They had dinner together in New York. Lindsay very much admires Mr. Allen."

The Word



Mila Kunis: Accidental superhero?

Monica Weymouth
scene@metronews.ca

On Friday, actress Mila Kunis called police after a man followed her to the gym for the third day in a row. Stuart Dunn, a 27-year-old homeless man, had previously been ordered to keep his distance from Kunis after allegedly breaking into her Los Angeles home in January.

Yesterday, Kunis was dialing 911 again when a man who worked at her home suffered a violent seizure. After he collapsed, she turned his head to the side to prevent choking and offered to ride with him in the ambulance, reports TMZ.

It's just as we suspected: Mila Kunis is an advanced superhuman with lifesaving powers, immune to even the perfect excuse to skip the gym. How else do you think she survived eight years in patterned bell-bottoms opposite Ashton Kutcher?

She just writes the hits...

Sheryl Crow had to ask her audience for help when she forgot the words to her hit Soak Up The Sun during her Saturday show in St. Petersburg, FL. "I'm 50, what can I say! My brain has gone to s—t!" she said after getting back on track.

Which begs the question: what wonderful, merciful rock has Sheryl been hiding under for the past 10 years?

Prince Harry

Love is still in the air for Prince Harry and former flame Chelsea

Prince Harry can't seem to keep ex-girlfriend Chelsea Davy out of his life, as the two — who split up officially in 2009 — are reportedly seeing each other, according to Us Weekly.

"They're not dating again, but they are seeing each other," a source says. "There's definitely a romantic connection still. They will never be 'just friends' — both of them admit that's impossible."

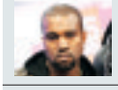
Matthew Fox

Matthew Fox busted for drunk driving

Matthew Fox was arrested for driving under the influence in Oregon earlier this week, but by Hollywood arrest standards he can count himself lucky.

"He didn't take a booking photo because the machine was broken," a source tells TMZ. "He'll have to come back and get that done another day." The former Lost star was reportedly stopped at 3:23 a.m. while on his way to a fast-food restaurant with a passenger in the car. Fox is due in court on June 7.

Twitter



Today, Kanye West is taking over to let us know some trends in men's fashion of which he's not particularly fond.

@kanyewest
Just driving through the city and I see a few thing I hate...

@kanyewest
I hate hoodies with sport coats

@kanyewest
I hate khaki trench coats with jeans and off brand work out sneakers

@ kanyewest
I Hate big ass striped scarves

3 LIFE

Travel in brief

Starwood sets sights on the East

Starwood Hotels & Resorts Worldwide plans to open 40 new hotels in the Middle East and North Africa over the next five years, the hotel operator said Monday. The company currently has nearly 70 high-end hotels in the region, including a recently opened Westin in Abu Dhabi and St. Regis in Qatar. It has a long history in the area, beginning with its opening of a Sheraton in 1966 in Kuwait. "Despite economic and political uncertainty in parts of the region, Starwood continues to see demand for growth of all of our brands across the Middle East and North Africa," Frits van Paasschen, President and CEO of Starwood Hotels & Resorts, said in a statement. Starwood said the region is its second-largest growth market after China. The company feels development there is key to its global growth strategy. It expects the number of tourists travelling to the region will double from nearly 80 million last year to 195 million by 2030.

THE ASSOCIATED PRESS

On the web

Old Montana prison offers a chilling glimpse of the past

A walk across the Brooklyn Bridge is one of the best free activities for visitors. MARY ALTAFFER, THE ASSOCIATED PRESS

5 Freebies in New York

It's ironic in a city with some of the most expensive hotels and restaurants in the world, many of New York's best attractions are free.

THE ASSOCIATED PRESS

1 Times Square

A vibrant public space like no other, even better in person than it looks on TV. Plenty of things here to buy, of course, but the lights, sights and people-watching are free, 24 hours a day.

2 High Line

One of the city's newest attractions, the High Line has quickly become a favourite with out-of-towners and locals alike. It's a narrow park built on an old elevated freight railway along 10th Avenue on Manhattan's West Side, from Gansevoort Street, just below 14th Street, to 31st Street. It offers a unique look at the urban landscape from 30 feet above ground, with a peek at adjacent apartments, Hudson River views, vestiges of the neighbourhood's industrial past — meatpacking plants, auto shops - as well as signs of a trendy rebirth: postmodern architecture, art installations and Diane von Furstenburg's DVF building. The northern half is more park-like with plantings, benches and birds.

3 Staten Island Ferry

This humble, utilitarian boat takes commuters between Manhattan and Staten Island 24 hours a day, and it's free. It also offers classic views of the Statue of Liberty, harbour, and skyscraper canyons. Take the No. 1 subway to South Ferry or No. 4 or 5 to Bowling Green to board the boat on the Manhattan side. Be ready for crowds at rush hour and longer waits off-peak.

4 Brooklyn Bridge

When it opened in 1883, the Brooklyn Bridge was an engineering wonder; the longest suspension bridge in the world. It remains a beloved symbol of New York and an aesthetic triumph, with Gothic arches worthy of a cathedral and a delicate filigree of cables whose patterns change with every step along the mile-long walkway. Take the A or C train to High Street, Brooklyn, and walk back to Manhattan for the best skyline views.

5 Central Park

Central Park is the city's communal backyard, a green space where New Yorkers can escape their small apartments to skate, bike, jog, picnic, push a stroller, walk a dog or climb a rock. Stroll the serpentine paths as dappled sunshine filters through the trees, and consider how well the park fulfills the goal of its 19th century designers, Frederick Law Olmsted and Calvert Vaux, who sought to create the illusion of nature in an urban environment.

Unravelling the Mayan mystery

Exhibit. Ancient kingdoms and glyph writings explained in new show at Penn Museum in Philadelphia

If the world ends on Dec. 21, 2012 — as some believe the Maya predicted — that leaves plenty of opportunity to see a new exhibit that examines the civilization's ancient kingdoms, intricate calendar systems and current culture.

Experts at the Penn Museum in Philadelphia apparently give little credence to the apocalypse myth, considering the show runs through early 2013. But they say the legend, which has been perpetuated in pop culture through disaster movies and sensational tabloid headlines, offers a chance to engage people about ancient and modern Maya society.

Maya 2012: Lords of Time features artifacts excavated from the historic Maya ruins of Copan in Honduras, including burial jewelry, food vessels and ceramic figures. Honduras President Porfirio Lobo Sosa is scheduled to cut the ribbon when the exhibit opens on Saturday. The show also uses interactive displays to explain the culture's glyph writing and sophisticated timetables. The upshot is that while it's human nature to seek ancient insight into the current world, people should not interpret the Maya calendar as predicting a cataclysmic event. "It's just a turn of a cycle," said curator Loa Traxler. Regarded as one of the world's greatest early societies, the Maya lived for centuries in parts of Mexico and Central America. Many of their iconic pyramids still stand.

THE ASSOCIATED PRESS

Mayan myth

Armageddon?

As early astronomers, the Maya devised various types of calendars by observing celestial movements. Their "Long Count" calendar begins in 3114 B.C. and marks time in roughly 394-year periods known as baktuns. Thirteen was a sacred number for the Maya, and some scholars believe the 13th baktun ends on Dec. 21, 2012. Penn Museum experts say it ends Dec. 23, but that then another calendar cycle will begin — not Armageddon. Curator Loa Traxler said while it's hard to trace the origin of the apocalypse prophecy, she described it as "a conflation of a lot of different ideas," including Aztec lore and Judeo-Christian end-of-days rhetoric.

THE ASSOCIATED PRESS

A stone figure of the Maize God is on display at the Maya 2012: Lords of Time exhibit. PHOTOS: THE ASSOCIATED PRESS

Make rice the star of a filling & tasty dish

This delicate and delicious Salmon and Rice Chowder is elegant enough to serve at an afternoon lunch but also easy enough to whip together for a quick weeknight meal.

Salmon may be substituted for any firm white fish or shrimp to suit different tastes.

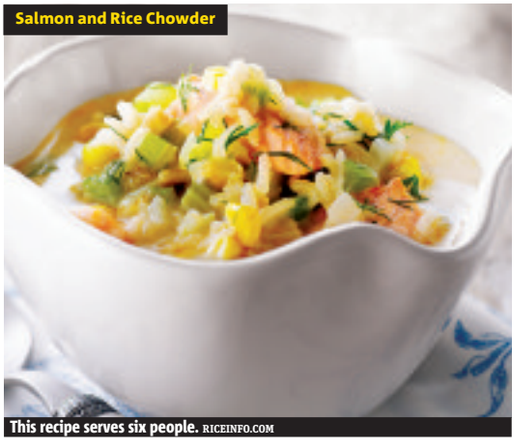
1. In a large saucepan, melt the butter over medium heat; cook the onion and celery, stirring occasionally, until they are softened, about 5 minutes.

2. Stir in the all-purpose flour; cook, stirring, for 1 minute. Stir in the clam juice, water, salt, sweet paprika and pepper; bring to boil over high heat, stirring often.

3. Add the boneless, skinless salmon, rice and corn kernels and cream; cover and simmer until the mixture is heated through and fish flakes easily when tested, 3 to 5 minutes. Stir in a bit more cream and the dill, chives or green onions; heat through.

USA RICE FEDERATION, RICEINFO.COM

Salmon and Rice Chowder



This recipe serves six people. RICEINFO.COM

Ingredients

- 2 tbsp (25 mL) butter
- 1 onion, diced
- 2 stalks of celery, diced
- 2 tbsp (25 mL) all-purpose flour
- 2 bottles (each 236 mL) clam juice
- 3 cups (750 mL) water
- 3/4 tsp (4 mL) salt
- 1/2 tsp (2 mL) sweet paprika
- 1/4 tsp (1 mL) pepper
- 1 lb (500 g) boneless skinless salmon fillets, cut into bite-size chunks
- 1 1/2 cups (375 mL) cooked medium- or long-grain brown rice
- 1 cup (250 mL) frozen corn kernels
- 1/2 cup (125 mL) whipping cream
- 3 tbsp (45 mL) chopped fresh dill, parsley, chives or green onions

Feel like a character in a Disney story
YOU COULD WIN A WALT DISNEY WORLD STORYBOOK VACATION FROM CLUB METRO!
Imagine yourself as the main character in a 6-Day/5-Night Walt Disney World vacation you'll never forget! Spend your days exploring different worlds, enjoying wild adventures and dropping in on land after land of fantasy and fun. At night, sleep in a setting that's themed to your dreams. The vast array of Disney Resort hotel themes take you from the Caribbean to Africa and cater to almost every budget and taste. And starting this May, the new Disney's Art of Animation Resort will begin to immerse you in the storybook magic of Disney•Pixar's Finding Nemo, followed by Cars, The Lion King and The Little Mermaid opening in phases.
VISIT clubmetro.com TO ENTER
To register and for full contest details visit clubmetro.com.
As to Disney properties/artwork: ©Disney. As to Disney/Pixar properties/artwork: ©Disney/Pixar.

What happens when your work friend becomes your new boss?

New power dynamic. One minute you're having coffee breaks together, the next minute they're asking you for that report

KAVI GUPPTA
TalentEgg.ca

Feeling jealous of your friend's success? Why not try to learn from them? ISTOCK

When I first started dipping my toes into the advertising world, I worked for a really small start-up that had a staff of about 15 people.

The small size of the company meant that we would spend all of our time together and we naturally became a close-knit group of friends.

During my tenure at this firm, a number of friends and co-workers were promoted to positions that involved me working under them.

I was also put in a position that gave me authority over some of my closest friends and colleagues.

For a while, we struggled to find the appropriate balance as co-workers, friends and "underlings."

Co-worker relationships are interesting. These are people you probably spend 90 per cent of your week with and they're relationships that can be lasting and influential to your career.

But what happens when your co-worker, and friend, gets promoted to a position as your superior? Does the relationship stay the same?

How do you deal with the fact that your closest confidante is now your boss?

Respect the space

This person is obviously someone you may be reporting to on a regular basis. Remember that even though you're friends, you have to respect the position he or she has been given, and act accordingly.

Never think that deadlines and expectations are lowered because your best friend is the boss.

Talk about it

Express your thoughts and develop a strategy for how this new work relationship will function.

Set out guidelines that respect both you and your co-worker's positions, but be flexible in a manner that allows you to still socialize with them.

This is a good way to gauge how you and your friend can interact with each other, especially if hanging out at the local pub and gabbing is common after work.

You may even feel an inkling of jealousy, and that's understandable. But bottling it all up and acting like a jerk to someone who considers you a friend isn't right. The same thing applies if your friend is being cocky or running on a power trip. Lay it all out on the table, express how you feel, but be professional. You are still co-workers.

Learn from them

Your colleague has clearly demonstrated that he or she is capable of moving into a more senior position.

Learn from that. Shadow them and observe how they work and if possible, use them as a mentor to help you advance in your own career.

This is someone who knows you well and can provide you with a wealth of great knowledge and ideas on improving your own work process.

What happens if I get promoted and become a superior to my friends?

Well, first of all, scroll back up and read the first two pointers, and replace your colleague with yourself.

But what about number three? How would that work?

Become the mentor! Reverse the role and guide your friends to do better at work. Teach them what you know and what you did to get to where you are. Friends help each other out, right?

Have you experienced this scenario in your career? Share your thoughts and what you did to make the best of this situation.

KAVI GUPPTA (@KAVIGUPPTA) IS A DIGITAL STRATEGIST WITH MORE THAN FIVE YEARS OF DIGITAL MARKETING AND ADVERTISING EXPERIENCE.

Talk it out

"Express your thoughts and develop a strategy for how this new work relationship will function. Set out guidelines that respect both you and your co-worker's positions, but be flexible in a manner that allows you to still socialize with them. This is a good way to gauge how you and your friend can interact with each other, especially if hanging out at the local pub and gabbing is common after work."

Kavi Guppta, Digital strategist

Be an entry-level superstar

Starting from the bottom. How absorbing and embracing adversity can help your new career

GREGORY MURRAY
TalentEgg.ca

After a year of working at a comfortable management desk job right out of business school, I was pulled into my boss's office and was told it was time for a "critical experience."

As my boss was speaking, all I remember hearing were the words "working off-shift" and I knew that I was headed to manage the night shift.

Ego-deflating critical experiences might involve relocating to a field office in the middle of nowhere, working on the smallest and most un-sexy brand (like my male friend working on a feminine-hygiene brand), or completing mundane data entry that even a monkey could perform.

These entry-level critical experiences are never the jobs you hear about at university — however, their intention is simple and important: to test your devotion to the company and accelerate your understanding of the business from cocky new grad to competent leader.

While they're not fun, these experiences are highly beneficial and if you want to move up to the executive levels — or at least beyond the entry level — you must embrace and succeed at these critical experiences.

It's often said that those who reach the stratospherically successful plateaus in life and career are those who can handle the quickest pace of change.

I would go a step further and say that they are also the ones who seek out and learn from the most adverse scenarios. It sounds counter-intuitive, but these adversity-craving people realize that adversity is where the growth is and don't shy away from it.

For me, working the night shift meant drastically changing one of the most fundamental and steadfast structures in my life: my routine. While challenging, it was one of the best things for me. Not only was I making executive calls affecting a large team of employees and having a significant impact on costs and budget, but I learned to be adaptable in life and to be more open to change.

Around this time I read that online retailer Zappos (Fortune rated it one of the best corporate cultures in America) would pay $2,000 to any associate who decided to resign. Their philosophy was simple: If you don't love working at Zappos, you aren't going to do a good job.

This was the challenge I posed to myself, and what I challenge you to do when faced with an adverse critical experience: summon the strength to suffer well (ideally, you will eventually be promoted).

Get to a point where even if your company offered you $2,000 for a new position, you would see the benefit in staying and refuse.

Adversity is logarithmic. Now is your time to eat it up to raise your baseline tolerance of it for the even larger critical experiences coming down the pipe. There is always a light at the end of the tunnel — and a promotion not so far away.

If you want to get to the castle, you've got to swim the moat. ISTOCK IMAGES

GREGORY MURRAY IS A RECENT GRAD WITH A BACHELOR OF COMMERCE WORKING IN BRAND MANAGEMENT IN THE CONSUMER PACKAGED-GOODS INDUSTRY.

Twitter

@TalentEgg
How to make a good impression in your first week on the job:

@CGA_DoMore
Be yourself and do what got you there! Work hard, listen and soak in the experience.

@EssDotElle
Dress appropriately, be on time, and ask a lot of questions! It shows interest and its a way to get to know people

@ddeestefano
Ask all the "stupid" questions, don't be afraid to try new things and always have a notebook and pen handy!

@HumberTechWorks
Show up on time!!! Listen. Take notes. Don't be afraid to admit you don't know something. Ask for help.

NBA

Pacers close out Magic in 5

Danny Granger scored 25 points to help the Indiana Pacers defeat the Orlando Magic 105-87 on Tuesday night and clinch their first-round Eastern Conference playoff series 4-1.

It was Indiana's first series win since 2005 and its first clincher on its home court since the first round of the 2000 playoffs.

The Pacers will play Miami or New York in the second round.

THE ASSOCIATED PRESS

Tennis

In-form Raonic set to face Federer

Canada's Milos Raonic dominated former grand slam finalist David Nalbandian 6-4, 6-4 on Tuesday in the first round of the Madrid Open.

The 21-year-old from Thornhill, Ont., defeated the Argentine in just 74 minutes with his 16th ace of the match.

Raonic will face Swiss ace Roger Federer in Wednesday's second round, having lost to the world No. 3 at Indian Wells in March.

"I hope I can do much of the same stuff (as I did) in March. I need to serve better than I did then," Raonic said. "I'm playing well and confident and I'm serving well, so that should be a big help."

THE CANADIAN PRESS

Milos Raonic celebrates his win Tuesday in Madrid. THE ASSOCIATED PRESS

Steve Nash, left, and his former teammate Rowan Barrett at a press conference Tuesday at the Air Canada Centre in Toronto. LUCAS OLENIUK/TORSTAR NEWS SERVICE

Nash named GM of men's national team

Basketball. Two-time NBA MVP handed reins despite the fact he still has a job in the league

Steve Nash has dreamed of managing the Canadian men's basketball team since he was a young point guard running its offence.

He didn't envision that day would come so soon.

Canada's biggest basketball star was named general manager of the Canadian men's senior team Tuesday.

Nash, who will be a highly coveted free agent this NBA offseason, said the opportunity to help what might be the most talented group of young players the country has ever produced was an opportunity he couldn't pass up.

"It really is a beautiful thing to see our kids and the game grow and the talent continue to reach new heights, it's amazing," Nash said at a news conference Tuesday at Air Canada Centre in Toronto. "I have a lot of excitement generated for the young kids in this country, many of which are making a name for themselves already, and many of which are coming up behind them."

Nash's former Canadian teammate Rowan Barrett was named assistant GM.

The sport's national governing body has had the two-time NBA MVP from Victoria in its sights for some time to lead a program that hasn't made an Olympic appearance since the 2000 Games in Sydney.

"Steve's basketball IQ and background are unparalleled in the sport, and we are tremendously fortunate to have him," said Wayne Parrish, Canada Basketball's president and CEO.

Nash, a 15-year NBA veteran with Phoenix and Dallas, helped Canada to a seventh-place finish — one win away from the medal round — at the Sydney Olympics, with Jay Triano as coach.

THE CANADIAN PRESS

Quoted

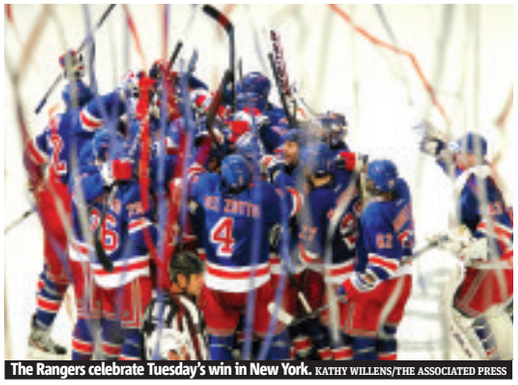
"Obviously I love Jay and if he's interested, he'll be an important candidate."

Steve Nash on Jay Triano, who coached Canada to a seventh-place finish at the 2000 Summer Olympics. The national team is currently without a head coach.

Standout players

- With no Olympics for Canada this summer, Nash and Barrett plan to gather 30 or so of Canada's best players to begin training toward the 2016 Games.
- Likely included in that group of young standouts will be Tristan Thompson and Cory Joseph, both first-round picks in the 2011 NBA draft, and high school sensation Andrew Wiggins.

Caps 'moving forward' after heartbreaker



The Rangers celebrate Tuesday's win in New York. KATHY WILLENS/THE ASSOCIATED PRESS

Perhaps Washington Capitals forward Brooks Laich thinks that saying something makes it so. Or maybe he's a believer in the power of positive thinking.

Laich used the phrase "keep moving forward" over and over on Tuesday while discussing how he and his teammates need to recover from a devastating loss to the New York Rangers if the Capitals are going to avoid elimination on Wednesday night.

The top-seeded Rangers lead the series 3-2, one victory from reaching the conference finals for the first time since 1997, when Wayne Gretzky was on the team.

"We want to close it out and get this over with. It's a lot easier said than done," Rangers forward Brad Richards said. "We want to be as desperate as they are."

By the numbers

3-0

The Capitals are 3-0 in games following OT losses this post-season.

With Washington on the verge of taking control of the series Monday night, Richards tied Game 5 with less than 10 seconds left, and Marc Staal won it about 1 1/2 minutes into overtime.

Two-time NHL MVP Alex Ovechkin had zero shots on goal for only the second time in 49 career NHL playoff games.

"You can't really write that; that's something you can't script. You keep moving forward," Laich said. "Good breaks, bad breaks. We just keep moving forward." THE ASSOCIATED PRESS

4 SPORTS

NHL playoffs

"I think the best part is so many people told you this could never happen. It feels really nice to be living this right now."

Coyotes captain Shane Doan, after a 2-1 win on Tuesday night that eliminated the Nashville Predators in Game 5 of the Western Conference semifinals. After moving from Winnipeg to the Valley of the Sun before the 1996-97 season, the Coyotes failed to win a playoff series in seven tries and didn't get into the post-season seven other times.

On the web

Devils finish off Flyers

Bryce Salvador, David Clarkson and Ilya Kovalchuk scored goals to lift New Jersey to a 3-1 Game 5 win over the Philadelphia Flyers on Tuesday night, sending the Devils into the Eastern Conference finals for the first time since 2003.

On the web

Prosecutors in the Roger Clemens perjury trial introduced convicted drug dealer and former New York Mets batboy Kirk Radomski on Tuesday, who said he made a shipment for two kits of human growth hormone and "about 50 to 100 needles" to Clemens' home address in 2002. Scan the code for the story.

5 DRIVE

What Owners Like

Performance, looks, a screaming engine note, manual shifter quality and overall responsiveness are perhaps the most highly-rated aspects reported by RX-8 owners. Many appreciate the rear doors and relatively easy rear-seat access.

What Owners Dislike

Limited headroom, visibility and fuel consumption are among the RX-8's most common complaints.

On the Web

Scan code for more car reviews and news

Kid-friendly RX-8: Looks & performance

Second Gear.
2004 to 2011
Mazda RX-8

JUSTIN PRITCHARD
Drive@metronews.ca

For sports car enthusiasts with kids, the Mazda RX-8 made plenty of sense, given its rare 'suicide' doors, striking looks and track-ready performance.

Sharp-as-a-tack handling, instant precise steering and killer looks were all part of the package, which included a usable backseat.

Features included Bose audio, heated leather seating, navigation, automatic climate control and plenty more.

JUSTIN PRITCHARD/FOR METRO

Common issues

Check the level and condition of the RX-8's engine oil before your test drive. Be sure the seller was fond of high-quality oil changes.

A lumpy idle or 'misfire' may be the result of an overheating issue related to the ignition coils. If you experience this issue on a test drive, be sure to have the vehicle inspected to confirm.

Given the RX-8's unique engine, only a rotary-trained Mazda mechanic should inspect the vehicle ahead of your purchase.

While the car is in the air, the mechanic can also check for fluid leaks, excessive rust, and the condition of the tires and brakes.

Engine

Horsepower from the 1.3-litre 'RENESIS' rotary engine was rated at 238 with the six-speed manual, and between 200 and 212 with the four-speed automatic. This was replaced with a six-speed automatic later in the RX-8's life.

Verdict

With a clean bill of health from your Mazda mechanic, a well-maintained RX-8 should provide relatively trouble-free access to a unique and sporty driving experience.

Test drive Wheels.ca on your tablet.

ENJOY THE RIDE. IT'S EASY AND FREE.

Vehicle Reviews. Industry News. Get all this and more with the new **wheels.ca** web app for tablet. No download required.

Wheels.ca

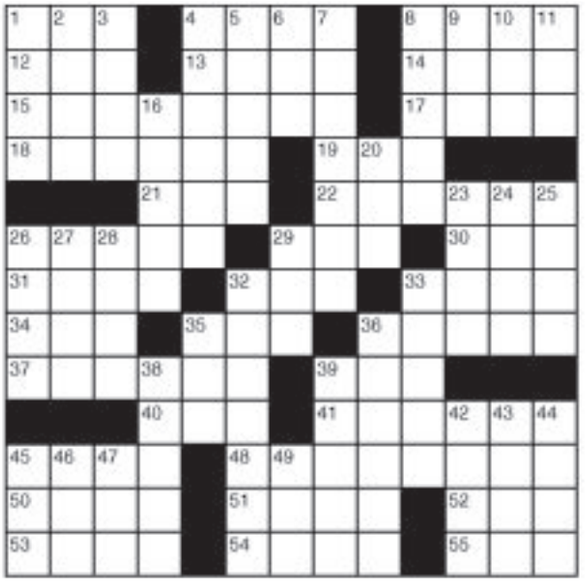
Crossword

Across

1 Track circuit
4 Schleps
8 Weak, as an excuse
12 Noshed
13 Freshly
14 "American —"
15 Estival pest
17 Meat —
18 Quantity
19 Actress Thompson
21 Lemieux milieu
22 Grasshopper's cousin
26 Stock
29 Stiller or Stein
30 — generis
31 Theater box
32 Oppositionist
33 Requirement
34 The whole enchilada
35 Dance syllable
36 Not wan
37 Scarab, for one
39 Allow
40 Black-and-white diver
41 Be there
45 Philadelphia attraction
48 Hive dweller
50 Bread spread
51 Exam format
52 Scepter topper
53 Portent
54 Wedding-dress accessory
55 Whether or —

Down

1 Tibetan monk
2 Minuscule bit
3 Mexican money
4 Set off
5 Become one
6 Comprehend
7 Distended
8 Purple shade
9 Commotion
10 Extinct bird of New Zealand
11 Ernie of Keebler ads
16 Rather
20 A long time
23 Secondhand
24 Sought restitution
25 Spruced up
26 Spill the beans
27 Characterization
28 Lecherous look
29 Feathery neckwear
32 "The Cherry Orchard" writer
33 Eccentric
35 Actor Gulager
36 Narrate again
38 Claw
39 Veranda
42 Black, in poetry
43 Pianist Peter
44 Creditor's concern
45 Greet the villain
46 Freddy's street
47 Appomattox VIP
49 Raw rock



Sudoku

8		6			7		2	
				6	5			1
7				2		3		
		5					1	
		1	4		6	9		
	6					2		
		4		3				2
5			2	7				
	9		8			1		7

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

8	4	1	3	7	2	5	9	6
9	7	3	6	5	8	2	4	1
6	5	2	1	9	4	7	3	8
1	9	5	6	4	8	3	2	7
7	8	6	5	2	3	4	1	9
2	3	4	9	1	7	8	6	5
3	1	7	4	6	5	9	8	2
5	6	8	2	3	9	1	7	4
4	2	9	7	8	1	6	5	3

Yesterday's Crossword

Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

O X V Y B R P T ' U O B K J E Y R

A B Y V E U D Z Z U F B K K C Z W

X E F D Z P U V H W Z H V W K T . E

W V A J Z Y X V ' U P Y L V W U D B C C V L .

Yesterday's Cryptoquip: IF SOMEONE REPLACED MR. GEHRIG ON THE DIAMOND, YOU COULD SAY THAT HE PLAYED IN LIEU OF LOU.

Today's Cryptoquip Clue: Z equals O

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

Aries | March 21 - April 20. A money problem will disappear as if by magic. Most likely it was never a real problem in the first place.

Taurus | April 21 - May 21. It's good to let friends know what it is you want out of life. If there is anything they can do to make it happen, they won't hesitate to offer.

Gemini | May 22 - June 20. Something you once feared so much no longer seems to worry you and that's marvelous news.

Cancer | June 21 - July 22. You may have found it difficult recently to defend your beliefs but Mercury's change of signs today will help you to express yourself.

Leo | July 23 - Aug. 22. Do you have what it takes to compete at the highest level? Of course you do and the current cosmic set-up will smooth your path to success.

Virgo | Aug. 23 - Sept. 22. For the past few weeks you have been trying hard, without success, to live up to other people's expectations. Time to be yourself again.

Libra | Sept. 23 - Oct. 22. You will learn something to your advantage, something hugely interesting. Don't let everyone in on the news.

Scorpio | Oct. 23 - Nov. 21. You'll find it easier today to put your thoughts into words. It'll have a positive effect on all your relationships.

Sagittarius | Nov. 22 - Dec. 21. It will occur to you today that there are easier ways to deal with your workload. Use those ideas.

Capricorn | Dec. 22 - Jan 20. You've been working hard. Forget about work for a while. Focus on the lighter side of life – and on romance.

Aquarius | Jan. 21 - Feb 18. You will be in a relaxed mood today, especially in the domestic sphere where you cannot be bothered to argue with loved ones.

Pisces | Feb. 19 - March 20. Starting today, you will start to think clearly again and your mind will overflow with good ideas.

SALLY BROMPTON

Caption Contest

"What do you mean you couldn't find any good pics for the blue screen? This pose is epic!"
Colleen

WILFREDO LEE·BAL/ THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

Sharability

easy — hard

Today Only

Wednesday, May 9

Mother's Day is Sunday, May 13

Save 70%

$269.99 Reg. $899.99

ZWILLING J.A. HENCKELS Spirit 10-piece stainless steel cookware set

Top quality try-ply stainless steel cookware set from one of the premiere suppliers in the industry. Best retail price in the market place. Limited quantities available.

Bonus!
A $299.98 value

Receive a FREE ZWILLING J.A. HENCKELS 40-piece flatware set

A total value of $1199.97

Also save 55% on other cookware sets and save 30% on open stock cookware

Excludes Bodum, All-Clad and WMF.

Shop thebay.com

Be the first to know about our one-day offers. Sign up at thebay.com

No rain checks and no price adjustments. Offer available while quantities last. Cannot be combined with other offers. Selection may vary by store. Savings are off our regular prices unless otherwise specified. No telephone orders. See store for details.

thebay.com

Follow us on twitter.com/thehudsonsbayco

Like us on facebook

the Bay